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When Baby Brings The Blues: Solutions For Postpartum Depression



Synopsis

A leading expert on postpartum depression offers new mothers an insightful, medically sound guide to recovery. A full 20 percent of new moms will be affected by PPD--but the good news is that PPD is very responsive to treatment. This guide, written by psychiatrist and internationally acclaimed PPD specialist Ariel Dalfen, leads women out of the maze of depression, offering medical and psychotherapeutic options, practical lifestyle changes, and an impressive array of resources for further support. Complete with a PPD diagnosis questionnaire, a treatment plan checklist, and a table of medications and side effects, this upbeat guide also includes daily affirmations used by Dr. Dalfen's own patients when recovering from PPD. Dr. Ariel Dalfen (Toronto, ON) is a psychiatrist at Mount Sinai Hospital in Toronto and an acclaimed lecturer and medical researcher in the area of post-partum depression.

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Customer Reviews

"When Baby Brings the Blues is a major triumph in breaking the silence around postpartum depression and related conditions. It is a must-read not only for women suffering from the Blues, but also their parents, families and friends." —Gideon Koren M.D., FRCPC, FACMT, Director, The Motherisk Program, The Hospital for Sick Children "As an obstetrician, I see women who will benefit from this book on a daily basis; as a mother, I wish this book had been available when I had my children. When Baby Brings the Blues provides guidance and hope for anyone who has ever struggled with postpartum depression...Dr. Dalfen illuminates the darkest hour for many

women." — Isabel Blumberg, M.D. Clinical Instructor, Obstetrics and Gynecology, Mount Sinai Medical Center, New York

If you or someone you love is suffering from postpartum depression, *When Baby Brings the Blues* will give you the information you need to create a treatment plan that is right for you—it will help you get well quickly. PPD expert Dr. Ariel Dalfen tackles the myths of PPD and offers the most up-to-date research on treatment options, including many things you can do on your own, and practical advice on finding support. There truly is no need for women and their families to suffer in silence. Join the many thousands of women who have discovered that PPD can be overcome, and that early motherhood can be filled with great joy and happiness.

Dr. Dalfen is a psychiatrist who specializes in caring for women who have mental health problems during pregnancy and in the postpartum period. She works in the Perinatal Mental Health Program at Mount Sinai Hospital in Toronto, and helps to teach other health care professionals, students, and the public about postpartum mental illnesses. Dr. Dalfen has been a medical contributor for various television networks and TV shows and she is regularly called upon to deliver public and professional lectures. She is also a mom to two adorable girls—one of whom was born during the writing of this book!

While the expectations for pure joy are common for first time mom, the reality is often quite different, and rarely shared by those who have experienced it or are in the midst of it. Dr. Dalfen does a wonderful job of helping new moms understand what they're going through and some helpful tools to help manage it. I recommend this book to my patients and have even bought it as a gift. "Dr. Dave" Greenberg

I have yet to read this book, but what I can say is that I was lucky enough to be a patient of Dr. Dalfen three years ago during the pregnancy of my third child. She was absolutely wonderful. After talking with many other women who have suffered PPD, I realize how wonderfully compassionate and empowering her approach is (previous to this, I had never been under psychiatric care). In my case, many of my symptoms were managed through weekly appointments and talk therapy. I realize now how rare it is to find a Dr. who is willing to spend that kind of time and energy on their patients. She worked hard to get to know me, and to establish trust, so that when things did get difficult, I knew that I could depend on her to help me make the best choices for me, my baby and my family.

As a family doctor I have read many books on this subject, but this one is by far the best book for women, their loved ones, and anyone (including medical practitioners) who care for them. Easy to read, a wealth of research, and many resources-- the book is concise, articulate, and a source of information you will find yourself turning to over and over again, and recommending often.

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